



FROM SHADOWS TO STRENGTH

Reflections of Our Cancer Journey

The Significance of the Lily

The lily, chosen to represent the ColRect Buddies, symbolises resilience, hope, and renewal. Like the lily that blooms gracefully even in adversity, it reflects the strength and courage of those navigating the challenges of colorectal cancer.

Its petals, united in a beautiful bloom, mirror the diversity and unity within our community. The lily reminds us that growth and light can emerge from hardship, embodying the shared journey of healing and support that defines the ColRect Buddies.



Hope is not just a feeling—it's a choice. It's the choice to face each day with courage, to find joy in the little things, and to keep moving forward, no matter the challenges. The ColRect Buddies are proof that hope, when shared, can light the way for others.

This book is a testament to the courage and resilience of the ColRect Buddies, whose stories form the heart of this project. Heartfelt gratitude to the caregivers, medical professionals, and family members who stood by their sides and provided unwavering support.

To every reader who takes these lessons to heart: thank you for being part of this journey.

Together, we can create a future where no one faces cancer alone.

A Message to Our Readers

It is with profound gratitude and humility that I write this foreword for *From Shadows to Strength*, a collection of stories that illuminates the resilience and courage of Tan Tock Seng Hospital Colorectal Cancer Support Group, the ColRect Buddies. This book captures the essence of what it means to transform challenges into opportunities, pain into hope, and isolation into connection.

To anyone facing the uncertainty of a cancer diagnosis, braving through the routine of treatment, or dealing with the impact on your life: **you are not alone**. The ColRect Buddies are here to remind you that support is available, and that together, the journey can be a little less lonely.

This collection is more than just a series of personal accounts. It is a testament to the strength that lies within every individual who chooses to fight, to heal, and to thrive despite the odds. These stories highlight the power of community and the comfort that can be found in knowing that others have

walked a similar path—and are walking beside you now.

The ColRect Buddies exemplify how a shared purpose and genuine care can transform lives. Through their tireless efforts, they have created a space where survivors, caregivers, and patients can come together, support one another, and emerge stronger. This book is not just a compilation of stories—it is a lifeline of encouragement, a source of strength, and a beacon of hope.

As you turn these pages, may you be inspired by the resilience and courage of the individuals whose stories are shared. To every contributor who opened their hearts to bring this book to life, thank you for showing us the extraordinary power of human connection.

With heartfelt admiration and respect,

Adjunct Associate Professor Ranjana Acharya

Clinical Lead, Patient Education Steering Committee

Senior Consultant, General Medicine

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Introduction:

The Courage We Need

Before the ColRect Buddies found each other, they had one thing in common - they were presented with a colorectal cancer diagnosis. Each of their journeys began with uncertainty and fear. Cancer is a word that sends shivers down the spine, but over time, the Buddies have transformed despair into hope, building a community rooted in resilience and empowerment.

The ColRect Buddies were born out of a desire to support, educate, and inspire individuals navigating colorectal cancer. What began as a small group of survivors sharing their stories has grown into a movement—a testament to the power of connection.

“It’s not just about sharing stories; it’s about healing together.”

Chapter 1

A Diagnosis That Changed Everything

A Wake-Up Call

Prabu

ColRect Buddies
Support Group
Leader

For Prabu, it started with a simple Faecal Immunochemical Test (FIT)—a routine health check that turned his life upside down. The test revealed blood in his stool, a warning sign he had never anticipated. A colonoscopy confirmed his fears: Stage 3A Colorectal Cancer.

“I questioned everything,” Prabu recalls. “Why me? Why now? I was active, healthy—or so I thought. Cancer wasn’t supposed to happen to someone like me.”

His treatment began in 2019, involving surgery, radiation therapy, and chemotherapy. The physical toll

was immense, but the emotional weight was heavier. Prabu leaned on his family and eventually found solace in the ColRect Buddies and other patient support groups, where he discovered he was not alone in his fight.

Ellen's story began in 2015 during a vacation in Germany. What should have been a joyous trip was marred by sudden rectal bleeding—a symptom she couldn't ignore. A colonoscopy back home confirmed her diagnosis—Stage 3 Colorectal Cancer. At first, Ellen resisted treatment, convinced she would rather live with cancer than endure the side effects of cancer treatment.

"It was my family members' encouragement that changed my mind," she admits. "They reminded me that I had so much to live for."

A Journey of Acceptance

Ellen

ColRect Buddies
Support Group
Member

Six months (12 sessions) of fortnightly chemotherapy followed. It was gruelling, but Ellen found strength in her family and the dedicated staff at her treatment centre. Her journey taught her the importance of resilience and the value of a strong support system.

**An Unexpected
Discovery**

Henry

ColRect Buddies
Support Group
Member

Henry's cancer diagnosis was a complete shock. In January 2024, he visited Tan Tock Seng Hospital for what he believed was a kidney stone. Routine tests led to a colonoscopy, which revealed a cancerous growth.

"I was in denial," Henry says. "I'd always been fit and active. Cancer wasn't on my radar."

His surgery in February was successful, and further tests showed no signs of spreading. "It was a miracle," he reflects.

“I realised how lucky I was to catch it in time.” Henry’s journey transformed his outlook on life, inspiring him to advocate for early detection and regular health checks.

For See Kang, the signs were subtle at first—blood in his stool and persistent discomfort. Multiple visits to general practitioners provided no clear answers. It wasn’t until 2011, when he experienced acute urinary issues, that a urologist suggested further investigation. A colonoscopy confirmed stage 2 to 3 colorectal cancer.

See Kang’s resilience became his greatest asset. Though the journey was difficult, he refused to let cancer define him, choosing instead to focus on recovery and the life he wanted to live.

**The Silent
Battle**

See Kang

ColRect Buddies
Support Group
Member

A cancer diagnosis is a life-altering moment. For these survivors, it marked the beginning of a journey filled with challenges and triumphs. Their stories remind us that while the road may be tough, it is possible to overcome challenges —with courage, support, and determination.



Chapter 2

The Battle Begins



Prabu (top) sits calmly during one of his chemotherapy session.

The physical toll of cancer treatment is difficult to describe. For Prabu, the chemotherapy sessions left him drained. Once an active and energetic individual, he found himself questioning his own body's betrayal.

"Chemotherapy was exhausting," he shares. "I'd feel fine one moment

**Fighting
Through Fatigue**

Prabu

ColRect Buddies
Support Group
Leader

and utterly lethargic the next. It was like my energy had been switched off.”

The emotional toll was equally heavy. Prabu found himself snapping at loved ones and grappling with feelings of helplessness. To regain control, he threw himself into research, learning all he could about colorectal cancer and its treatments. It was this proactive approach—and the unwavering support of his family—that saw him through the toughest days.

**Strength in
Small Wins**

Ellen

ColRect Buddies
Support Group
Member

For Ellen, chemotherapy was both a physical and logistical challenge. The portacath implant made intravenous administration of the chemo drugs more manageable, but it came with its own set of difficulties.

"I carried the chemotherapy drug which was stored in a special pump in my waist pouch for 48 hours, before it is completely emptied, and I had to return to the hospital to have it removed," Ellen explains. "It made even the simplest tasks, like showering, an ordeal as I had to be very careful not to wet the area where the drug enters my circulatory system via the portacath."



A glimpse into Ellen's cancer journey.

Left: Ellen carrying the chemotherapy drug discreetly in her waist pouch.

Top Right: Ellen's portacath implant.

Bottom Right: The chemotherapy drug.

The emotional ups and downs were equally daunting. Ellen often cried as she watched her body change, such as, hair thinning, energy waning, dry skin, and weight loss. Yet, she found solace in her home environment.

Her helper, experienced in caring for a cancer patient, became a source of comfort and support. She understood what she was going through and that made her feel less lonely. It was this support network that kept Ellen going, one small win at a time.

**The Road to
Recovery**

Chan

ColRect Buddies
Support Group
Member

Chan's treatment journey began with surgery in early 2022. What was meant to be a three-day hospital stay turned into ten days due to an unexpected complication. Recovery was slow and often frustrating.

Through every challenge he endured, Chan finds his heart filled with gratitude for his wife. She was the rock he leaned on through his most difficult times. Balancing her own caregiving responsibilities for elderly parents, she provided unwavering support. Together, they navigated the physical and emotional hurdles, emerging stronger as a team.

When See Kang underwent surgery, he was mentally prepared for the possibility of a stoma bag. To his relief, this wasn't necessary. But the aftermath brought its own challenges: frequent and unpredictable bowel movements disrupted his routine, confining him to his home.

"At first, it was overwhelming," See Kang admits. "But I told myself I wouldn't let this control my life."

**Managing
Change**

**See
Kang**

ColRect Buddies
Support Group
Member

The battle against cancer is as much about the mind as it is the body. Each of these survivors faced unique challenges, yet they all shared a determination to push forward. Their stories illustrate the resilience of the human spirit and the importance of finding support in loved ones, caregivers, and community.



Chapter 3

Rising Through the Pain

For Prabu, the pain wasn't just physical; it was the emotional upheaval that weighed heavily. Chemotherapy sapped his strength, and he struggled to recognise himself. The man who had once been a whirlwind of activity now found even simple tasks exhausting.

"I felt like I was losing myself," he shares. "But then I realised this wasn't the end—it was a new chapter."

Prabu found solace in nature. Weekly trips to parks for "forest bathing" became his sanctuary. Slowly but surely, he began to rebuild his strength, focusing on

**Finding a New
Normal**

Prabu

ColRect Buddies
Support Group
Leader

small victories and the unwavering support of his family. These moments reminded him that pain was temporary, but resilience was forever. Repackaging his meals to include a mix of “rainbow-coloured fruits” was another practice that he continues till today.

**Embracing
Life’s Simple
Joys**

Chan

ColRect Buddies
Support Group
Member

Chan’s post-surgery complications tested his patience, but he refused to let them define him. To reclaim a sense of normalcy, he began focusing on simple joys—spending time with family, enjoying quiet walks, and savoring good meals. “It’s about making the most of every moment,” he reflects. “Even the smallest things can bring immense happiness.”

The physical toll of chemotherapy sometimes left Ellen lethargic for days after the treatment. Nausea, fatigue, loss of appetite and the inconvenience of carrying a pump around her waist for 48 hours were constant reminders of her battle. Mood swings caused her to feel irritable, depressed and confused. Her family members rallied round to give her moral support. Her husband would fetch her to all her treatment sessions and trips to remove the chemotherapy drug bottle and waited patiently for her throughout each hospital visit.

Through meditation and reflection, Ellen found peace amid the chaos, reminding herself to live in the present moment and that “nothing is permanent”. She would tell herself, “And this, too, shall pass.”

**The Strength of
a Support
System**

Ellen

ColRect Buddies
Support Group
Member

**Triumph Over
Turmoil**

See Kang

ColRect Buddies
Support Group
Member

For See Kang, the unpredictability of his bowel movements was the hardest adjustment. He refused to let it dictate his life and tackled the challenge head-on, finding ways to adapt and thrive.

“I decided to live with it,” he says. “Once I accepted it, everything became easier.”

See Kang found therapy in gardening, music, and trekking in parks. These activities not only kept him physically active but also provided a sense of mental clarity. At 60, he even climbed Mount Kinabalu, proving that resilience knows no age.

Pain, both physical and emotional, is an inevitable part of the cancer journey. Yet these stories show that pain is not a stopping point—it is a bridge to transformation. By embracing change, finding support, and focusing on life's small joys, these survivors discovered their strength and redefined their lives.



Chapter 4

Lessons in Prevention

**Don't Wait,
Don't Hesitate**

Prabu

ColRect Buddies
Support Group
Leader

Prabu is candid about one of his greatest regrets: delaying his first colonoscopy. Despite knowing the importance of regular screenings, he waited until the age of 62 to undergo the procedure - The Health Promotion Board (HPB) of Singapore recommends that Colorectal cancer screening should begin at age 50 years for individuals without any risk factors.



Prabu (centre, in a white shirt) passionately advocates for early colorectal cancer screening.

“Had I gone earlier, maybe I could have avoided this battle,” he reflects. “It was a painful lesson, but one I hope others can learn from without experiencing it themselves.”

Now, Prabu is a passionate advocate for early detection. He encourages everyone he meets to prioritise their health and not let complacency or busyness dictate their decisions to postpone cancer screenings.

Ellen’s journey began years before her diagnosis, with pre-cancerous polyps discovered during a routine colonoscopy. Despite her doctor’s advice to return for follow-ups, she became complacent after some time.

She attributed the symptoms of tummy bloated feelings and bowel

**Overcoming
Complacency**

Ellen

ColRect Buddies
Support Group
Member

changes as part and parcel of occasional tummy upsets from consuming the ‘wrong’ food.

“I kept putting it off,” she admits. “I thought, ‘I feel fine. What could go wrong?’”

Her experience serves as a stark reminder that vigilance can save lives. Ellen now encourages her friends and family to stay proactive about their health, emphasising the importance of regular screenings.

**The Power of a
Photo**

Chan

ColRect Buddies
Support Group
Member

For Chan, his lesson in prevention came with a twist: he became an advocate by showing his friends photos of his post-surgery experience. It was a stark but effective way to emphasise the importance of taking health seriously.

“If my story can convince even one

person to get screened, it's worth it."

He also credits his habit of annual Faecal Immunochemical Test (FIT) for catching his cancer early, urging others to adopt the same practice.

Looking back, See Kang wishes he had taken a more proactive role in his healthcare.

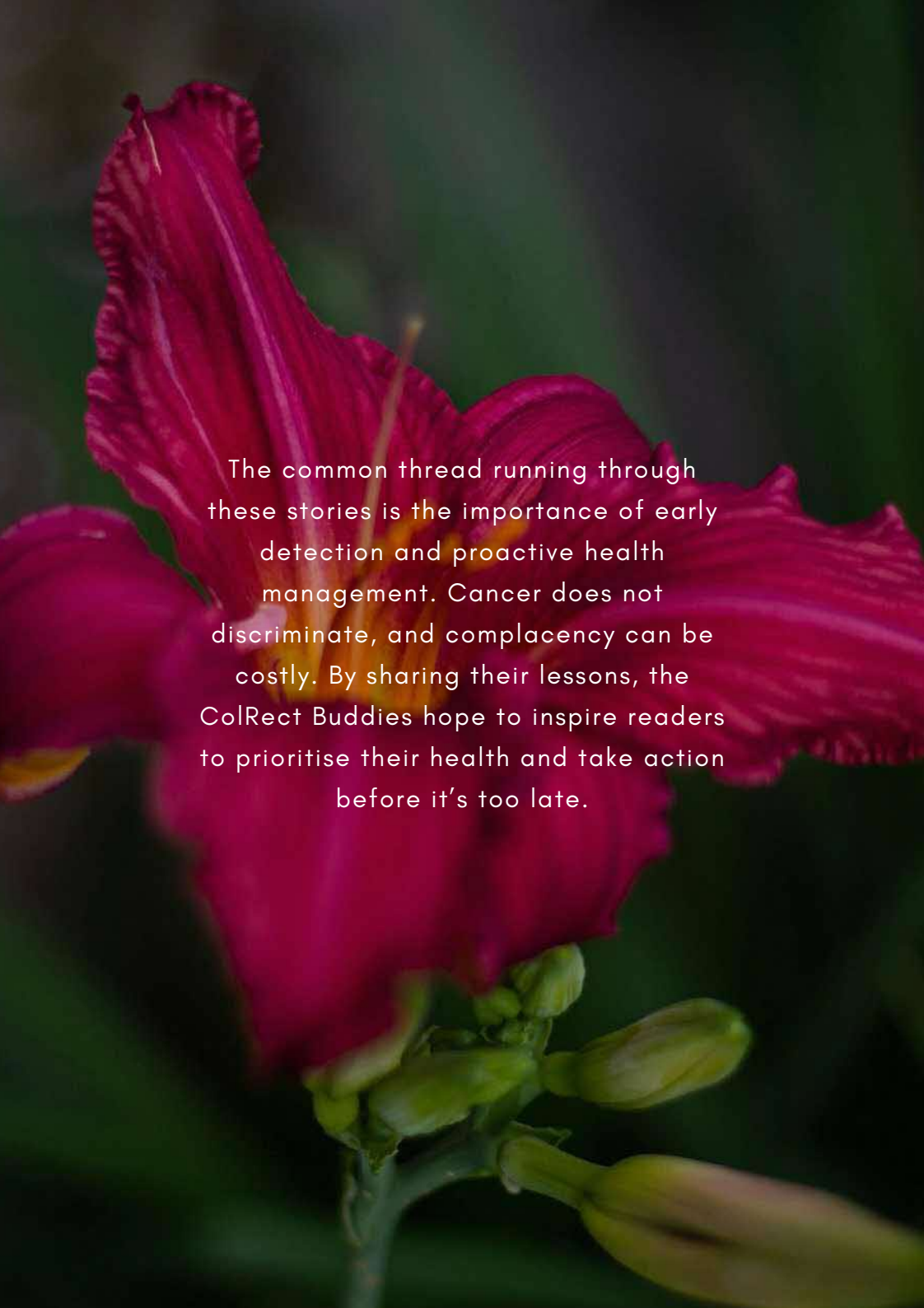
"I assumed it wouldn't happen to me," he says. "But cancer doesn't care about assumptions."

Now, See Kang emphasises the importance of personal agency in health decisions. He encourages others to trust their instincts, seek second opinions, and never underestimate the value of regular check-ups.

**Taking
Ownership of
Health**

**See
Kang**

ColRect Buddies
Support Group
Member



The common thread running through these stories is the importance of early detection and proactive health management. Cancer does not discriminate, and complacency can be costly. By sharing their lessons, the ColRect Buddies hope to inspire readers to prioritise their health and take action before it's too late.

Chapter 5

Life After Cancer

**Rediscovering
Joy**

Prabu

ColRect Buddies
Support Group
Leader

The end of treatment marked the beginning of a new chapter for Prabu. While the physical scars from the robotic surgery were a constant reminder of his journey, he was determined to reclaim his life.

“I decided to focus on what I could do, not what I’d lost,” Prabu shares. “Life gave me a second chance, and I wasn’t going to waste it.”

Prabu adopted a routine centered around wellness and spirituality. He found joy in nature, trips to nature parks, and spending time with loved ones. By embracing recovery and being grateful for each extra day given to him, he redefined what it meant to truly live.

For Ellen, life after cancer was about finding balance. Her treatment had left lasting aftereffects, like irregular bowel habits. She had to familiarise herself with the location of toilets in public places, especially eateries, just in case she needed to use one urgently. But instead of dwelling on these challenges, she chose to adapt.

“I became more mindful of my diet and physical and mental health,” she says. “I exercise regularly, and I also make time for things that bring me joy, like going on vacations with the family and reconnecting with friends. I explore new hobbies, participate and volunteer in community events. I am always eager to learn new skills.”

**Embracing
Change**

Ellen

ColRect Buddies
Support Group
Member

**Finding
Strength in
Family**

Chan

ColRect Buddies
Support Group
Member

Life after cancer for Chan was defined by simplicity. He prioritised time with his family, savoring the little moments that had once seemed insignificant.

“My wife was my biggest supporter,” he says. “She managed so much during my treatment, and now it’s my turn to cherish every moment with her.”

While physical activity was limited, Chan found ways to stay engaged. Gentle walks, meaningful conversations, and quiet evenings with his wife became the cornerstones of his new normal.

For See Kang, life after cancer was about proving that limitations didn't define him. Despite the unpredictability of his bowel habits, he remained active, taking up gardening, trekking, and even climbed Mount Kinabalu at the age of 60.

"Cancer taught me to live in the moment," See Kang reflects. "It also taught me the value of moderation—whether in diet, exercise, or daily routines."

His advice to others is simple: don't let the fear of recurrence consume you. Instead, focus on living the best life you can, one day at a time.

**Living with
Purpose**

See Kang

ColRect Buddies
Support Group
Member

**A New
Perspective**

Henry

ColRect Buddies
Support Group
Member


Henry's life after cancer was marked by gratitude. Diagnosed unexpectedly during a routine hospital visit, he was one of the lucky ones whose cancer had not spread.

"Every day feels like a gift," he says. "I spend more time with friends, pursue hobbies, and remind myself to smile more."

For Henry, the key to recovery was mental alertness and staying socially connected. By surrounding himself with positivity, he found it easier to move forward and leave the shadows of cancer behind.



Henry (centre) with Dr How Kwang Yeong (left), Senior Consultant Surgeon from the General Surgery at Tan Tock Seng Hospital, united in their mission to raise awareness about colorectal health and support patients on their recovery journey. Interview with CNA journalist (right).



Life after cancer is not about returning to what was—it's about embracing what is and what can be. For the ColRect Buddies, this meant finding joy in the small moments, cherishing relationships, and living with intention. Their stories remind us that even after the storm, there can be sunshine and rainbows.

Chapter 6

The ColRect

Buddies' Community

A Family Found

Prabu

ColRect Buddies
Support Group
Leader

When Prabu first joined the ColRect Buddies, he wasn't sure what to expect. What he found was a family—a group of individuals who understood his struggles in a way few others could.

"There's something powerful about being surrounded by people who truly get it," Prabu reflects. "It's not just about sharing stories; it's about healing together."

Through the Buddies, Prabu found a renewed sense of purpose. He became a mentor to newer members, sharing his experiences and offering words of

encouragement. “If I can help even one person feel less alone,” he says, “then everything I went through was worth it.”

For Ellen, the ColRect Buddies Support Group provided a safe space to share her trials and tribulations. The group became her sanctuary, and she could speak openly without fear of judgment.

“The support group reminded me that I wasn’t alone,” she says. “Hearing other people’s stories gave me hope and the courage to keep going.”

Ellen also found joy in giving back. Whether it was through organising group activities or simply being a listening ear, she discovered that helping others helped her heal.

**Strength in
Solidarity**

Ellen

ColRect Buddies
Support Group
Member

**Building a
Legacy**

See Kang

ColRect Buddies
Support Group
Member

For See Kang, the ColRect Buddies is more than just a support group—it is a legacy in the making. As one of the more experienced members, he took it upon himself to guide and inspire others.

“Being part of this group gave me a sense of purpose,” See Kang shares. “It’s about more than surviving; it’s about thriving and helping others do the same.”

**The Power of
Listening**

Chan

ColRect Buddies
Support Group
Member

When Chan first joined the ColRect Buddies, he was hesitant to share his story. But as he listened to others, he realised the profound impact of these shared experiences.

“Sometimes, just listening can make a difference,” he says. “It’s about being there for each other, even if we sit together in silence.”

The group became a source of strength for Chan, showing him, that recovery was not a solitary journey. Together, they celebrated victories, mourned losses, and supported one another through every step.

Henry's introduction to the ColRect Buddies came at the suggestion of his surgeon. Initially skeptical, he quickly discovered the unique camaraderie the group offered.

"Talking to people who've been through the same thing was incredibly comforting," he says. "It reminded me that even in the toughest times, there's always hope."

A Circle of Hope

Henry

ColRect Buddies
Support Group
Member



The ColRect Buddies represent the best of what community can offer: a safe space for healing, a network of support, and a beacon of hope. Their stories show that together, we are stronger, and through shared struggles, we can find shared triumphs.

Chapter 7

Words to Live By

**“If It’s to Be, It’s
Up to Me”**

Prabu

ColRect Buddies
Support Group
Leader

For Prabu, the journey through cancer taught him the importance of taking ownership of his health and his happiness. His philosophy is simple but profound: self-reliance is key.

“Don’t wait for others to make things happen,” Prabu advises. “Your life is your responsibility. Find your tribe, surround yourself with positivity, and keep moving forward.”

Prabu’s five pillars of recovery—rest, diet, nature, spirituality, and stress reduction—serve as a guide for others. “Focus on the things that nurture your body and soul,” he says. “They’ll carry you through.”

He practices an African proverb: “If you want to go fast, go alone. If you want to go far, go together”.

**“Acceptance
and Positivity”**

Ellen

ColRect Buddies
Support Group
Member

Ellen’s words are a testament to her Buddhist faith and the lessons she learned during her battle with cancer.

“Nothing in life is permanent,” she reflects. “Once I accepted that, I could face my challenges with more strength.”

She emphasises the importance of staying physically and mentally active, reducing stress, and finding joy in small moments. “You’re stronger than you think,” she reminds others. “And you’re never truly alone.”

See Kang's philosophy is rooted in resilience and a refusal to let cancer define him. He encourages others to adjust their lifestyle but not to dwell on the changes.

"Life is still worth living, even with its challenges," See Kang says. "Find activities that bring you joy—whether it's gardening, music, or hiking—and do them wholeheartedly."

His mantra is clear: "Don't let fear shackle you. Let go of the worst-case scenarios and focus on the life you can build."

For Chan, simplicity is the secret to happiness. After enduring the complexities of cancer treatment, he now embraces a life free of unnecessary stress.

"Live, Don't Just Exist"

See Kang

ColRect Buddies
Support Group
Member

"Make Life Simple"

Chan

ColRect Buddies
Support Group
Member

“Accept what you can’t control and focus on what you can,” he says. “Relax, enjoy life, and don’t take things too seriously.”

His advice to others is to prioritise relationships and savour the little things. “It’s the simple moments—time with family, a walk in the park—that make life beautiful.”

**“Stay Positive,
Stay Connected”**

Henry

ColRect Buddies
Support Group
Member

For Henry, the key to recovery lies in the mind. He firmly believes that a positive outlook and meaningful connections can make all the difference.

“Surround yourself with happy people,” he advises. “Your body resonates with your mind, so keep it filled with positivity.”

“Life doesn’t end with a diagnosis,” he says. “It’s just a new chapter.”

The wisdom shared by the ColRect Buddies is a gift to anyone navigating life's challenges. Their words are a reminder that strength comes from within, and that hope, positivity, and connection can light even the darkest paths.



Chapter 8

Strength in Unity

A Shared Mission

Prabu

ColRect Buddies
Support Group
Leader

For Prabu, unity among the ColRect Buddies is more than companionship—it’s a shared mission. Through their collective experiences, the group has become a source of strength and an advocate for change.

“We’re not just survivors,” Prabu says. “We’re warriors, and our battles mean something. Together, we can inspire others to fight, to live, and to hope.”

Prabu emphasises that the strength of the group lies in its diversity. Each member’s unique journey contributes to a rich tapestry of resilience and hope.

Ellen describes the ColRect Buddies as a safe haven where empathy reigns supreme. The group's unity is rooted in an understanding that can only come from shared experiences.

"When I hear someone's story, I see pieces of my own," Ellen reflects. "It's a reminder that none of us is alone in this."

She credits the Buddies with giving her a renewed sense of purpose. "We lift each other up," she says. "And in doing so, we lift ourselves."

For Chan, the strength of the ColRect Buddies lies in its network of support. The group is there in moments of triumph and trial, offering encouragement, advice, or simply a listening ear.

The Power of Empathy

Ellen

ColRect Buddies
Support Group
Member

A Network of Support

Chan

ColRect Buddies
Support Group
Member

“Knowing you have people to turn to makes all the difference,” he says. “It’s not just about sharing problems—it’s about sharing solutions.”

Through the Buddies, Chan has learned that unity doesn’t just make the journey easier—it makes it worthwhile.

A Circle of Hope

Henry

ColRect Buddies
Support Group
Member

Henry describes the ColRect Buddies as a circle of hope—a group that embodies the strength of unity. For him, the connections he’s made within the group have been life-changing.

“When we come together, we create something powerful,” Henry says. “It’s not just about surviving; it’s about thriving.”

He believes that the Buddies’ unity is a beacon for others, showing that even in the darkest times, there is light.

See Kang sees the ColRect Buddies as a legacy in the making. By coming together, the group is creating a culture of support and advocacy that will benefit future generations.

“This isn’t just about us,” See Kang says. “It’s about everyone who comes after us. If we can make the journey easier for even one person, we’ve succeeded.”

**Building a
Legacy**

**See
Kang**

ColRect Buddies
Support Group
Member

Strength in unity is the foundation for the ColRect Buddies' journey. Through their collective experiences, they've created a community where hope flourishes, support abounds, and resilience is celebrated. Their unity is a reminder that together, we can overcome anything.



Hope for
the future

The journey through cancer is often described as a lonely road, but the ColRect Buddies have shown that it doesn't have to be. Through their stories, we've seen the importance of early detection, the power of community, and the resilience of the human spirit. Their collective experiences remind us that no matter how dark the night, there is always a new dawn waiting.

For Prabu, Ellen, Chan, See Kang, Henry, and countless others, cancer was a life-altering event—but it was also a catalyst for growth, change, and newfound purpose. Their stories inspire us to cherish the moments that matter, to prioritise our health, and to support one another through life's challenges.

As the ColRect Buddies look to the future, their mission is clear: to continue advocating for awareness, to provide a safe haven for those navigating their cancer journeys, and to spread a message of hope and resilience. They are living proof that while cancer may leave its scars, it cannot diminish the strength of the human spirit.

Acknowledgements

We extend our heartfelt gratitude to everyone who played a pivotal role in bringing the Patient Education Corner at Clinic 2A and From Shadows to Strength to life.

To the ColRect Buddies Support Group

Thank you for sharing your inspiring stories and experiences, giving hope and strength to others.

April Kwong
Chan Teck Chuah
Dincy Lim
Ellen Song
Henry Soh
Linda Thng
Prabu Naidu
Tan See Kang

Patient Education Steering Committee

Adjunct Associate Professor Ranjana Acharya
Clinical Lead, Patient Education Steering Committee
Senior Consultant, General Medicine

Clinical Team

Dr How Kwang Yeong, Senior Consultant,
General Surgery

Wang Bin, Senior Coordinator, General Surgery

Sr Mary Grace Roshini, Nurse Manager,
Clinical Ops (PEARL)

Zhao Jingru, Senior Staff Nurse, Clinical Ops (PEARL)

Wong May Kim, Senior Staff Nurse,
Clinical Ops (Surgery)

Sr Karen Rajoo, Deputy Director of Nursing, MEC Ops

Sr Persis David, Senior Staff Nurse, MEC Ops

Centre for Health Activation

Celine Ong, Director

Sylvie Chua, Assistant Manager

Tan Yu Lin, Assistant Manager

Chun Meiling, Senior Executive

Noor Azlinah Odenan, Executive

Roxanne Tay, Management Associate

Editor

Noor Azlinah Odenan, Executive

Be a Healthcare Volunteer

Types of Volunteer Programmes

Paraclinical: Learn valuable caregiving skills and gain hands-on experience from healthcare professionals.

Skills-Based: Share your knowledge and skills to support patients in their recovery.

Befriending: Offer friendship and emotional support to patients and caregivers.

Patient Support Groups: Share your personal experiences and stories to help others navigate their recovery journey.

Add Years of Healthy Life by Volunteering

Uncover the joy and sense of purpose by contributing your knowledge, skills and stories with our community. Be a valued partner of the healthcare team as we add years of healthy life to our residents.

Contact Us to Find Out More



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volunteer@nhg.com.sg



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TTSH Health Library

Health Resources at Your Fingertips

Our **Health Library** provides a range of resources to support you and your loved ones. These resources are designed to empower caregivers with the knowledge, skills, and support they need to care for their loved ones while ensuring they also maintain their own well-being.



Scan the QR code to access TTSH Health Library.

Reflections of Our Cancer Journey 



Scan the QR code to learn more about ColRect Buddies – a supportive community for colorectal patients and caregivers.



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